

CONNECTED AT CHRISTMAS

Christmas can be a strange time...and that's before you've turned on the news! For some people there is too much to do and for some people they can feel even more isolated and lonely.....

Whether Christmas is your favourite time of year or something you struggle with its important to keep active and connected to others over the coming weeks. Whether it's you're cuppa tea or not we wish you a Merry Christmas!

T'was the week before Christmas... (17th -23rd December)

Winter Walk

17th December - 1pm at Forest Cottage.

Come along and walk or stay at Forest cottage for a warming drink and a chat- Free of charge.

To book email Hayley@healthymindscalderdale.co.uk or call 01422 345154

Family Singalong

17th December - 3.15pm at Todmorden Town Tree

Family Singalong

19th December - 2pm at Brighouse Salvation Army
Carols, mince pies and coffee.

All welcome, just turn up!

Time out Activities

20th and 21st December

Timeout Activities with a focus on emotional wellbeing
for 10 – 19 year olds.

Call 01422 345154 or visit www.timeoutcalderdale.co.uk
for more information

Disability Partnership Christmas Party

21st December - 12pm at Old Rishworthians Rugby
Club, Copley Road, Halifax HX3 0UG
Free Christmas buffet and hot and cold
drinks for all.

Call 07716 22897 for more info.

Christmas Eve

Christmas Eve Big Sing

The Piece Hall -12 – 6pm

Come join some of Calderdale's best choirs and singers!

Free

Christmas Day

St Judes Lunch

Don't be alone this Christmas, come and join us for Christmas lunch with all the trimmings!

St. Judes Church hall, Free School Lane, Halifax.

FREE! To book your lunch contact Samantha PotterSpotterjones1@gmail.com or call 07760471652 - check

Golden Lion at Todmorden

Christmas dinner sittings at 1pm and 3pm.

FREE, no need to book.

If you would like transport or to check details call Mary on 07557275971

Volunteers can support from 9am. There is also outside space too.

Local Churches

Churches usually have a number of events on over Christmas, why look and see what your local church has to offer.

****As the situation with COVID-19 is constantly changing it is a good idea to look at what restrictions apply to any groups and adhere to the 'Hands, Face, Space' advice. The plans of some groups may change and its advisable to double check information where you can. ****

Give

Many people want to give something back at this time of year....giving whether its an object or some time...is good for the soul and one of the 5 Ways to Wellbeing!

If you' like to give this Christmas (or at anytime in 2022) why not offer food to your local food bank?

Or you can give gifts to:

St Augustines Centre who work alongside refugees.

Contact: amber.ray@staugustinescentrehalifax.org.uk

Todmorden - Calder Community Cares 'it's a wrap' (just search on the internet)